STILL COMMITTED TO AID WORK

DESPITE KIDNAPPING, TORONTONIAN SAYS HE'LL REMAIN ENGAGED IN HUMANITARIAN CAUSES. BUT HE NEEDS AT LEAST A COUPLE OF MONTHS OFF PAGE 3

TORONTO metro®

Monday, July 9, 2012

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TOAST TO AN INDY CHAMP

PAGES 6, 31

Ryan Hunter-Reay reacts as he is sprayed with champagne after winning the Honda Indy in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

OneCity plan has its fans

A 'bold' transit vision. Two experts on urban development speak out in defence of controversial strategy pitched by TTC heads

As city councillors take turns lobbing mud at Karen Stintz's OneCity transit plan, at least two dedicated urbanists are suggesting the TTC chair is on the right track with her proposal to build a web of subways, light rail and buses across Toronto.

Former Toronto chief planner Paul Bedford, who also helped craft Metrolinx's regional transportation plan, said Stintz and TTC vice-chair Glenn De Baeremaeker have struck a brave stance at a critical juncture in the city's development.

"It's bold, it's comprehensive, it feels like a big city vision," he said. "(Stintz) stood out and said, 'Look, this is the kind of thing we really need. Here's a strategy we think makes sense to help pay for it.'"

But is it bold enough? Not financially, it seems. Bedford thinks OneCity is still too reliant on senior governments to provide two-thirds of the projected $30 billion cost.

Much of the controversy that has greeted OneCity is based on its funding proposition — raising property taxes two per cent and applying the money to a dedicated transit fund.

OneCity doesn't replace Metrolinx's Big Move plan, said Bedford. "They're complementary."

Urban designer and author Ken Greenberg agrees with Bedford that OneCity isn't perfect but it makes an important contribution to the urgent transit conversation.

"What I take from the map is for the first time, rather than dealing with these things (subways, LRTs and buses) one at a time there's the idea of an integrated multi-modal network. They're all seen as tools in a tool kit," said Greenberg. TORSTAR NEWS SERVICE

Quebec City's best-kept secret

Popular bands like Arcade Fire, Iron Maiden and Black Eyed Peas are playing Festival d'été this week. So how come you haven't heard about it? PAGE 7

The Taxman's tipping point

A Canada Revenue Agency pilot project targeting 145 St. Catharines servers finds a total of $1.7 million in unreported tips PAGE 16

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York. Security up following sex assaults

York University will temporarily increase the security presence on its Keele campus following a string of sexual assaults last week.

All three victims reported being assaulted by a man after leaving a TTC bus stop in front of Vari Hall, a student concourse. In each case a man attempted to engage the victims in conversation before they were assaulted. The assaults took place on July 5 and 6.

Only one of the victims is a student, police said.

The attacker is described as a six-foot black man with a thin build and a short black Afro haircut. He was last seen wearing dark jeans, a green shirt and a blue and orange baseball cap.

The suspect may have been accompanied by a second man, described as a short, black male, clean shaven, wearing black sunglasses, a green T-shirt and blue jeans.

"We take these assaults, which involved unwanted touching, very seriously. The victims have been offered counselling," said university spokesperson Janice Walls.

York Security Services will step up both foot and vehicle patrols. Campus security is assisting Toronto police with the investigation.

TORSTAR NEWS SERVICE

Protest

Group calls for peace in Sudan

A spotlight will be on the plight of those in Sudan Monday as activists gather for a peaceful protest in Queen's Park. The We Want Peace 2012 rally, hosted by the Alliance Against Modern Slavery, will run from noon to 2 p.m. The group is calling for civilian protection and humanitarian aid.

METRO

Toronto-based aid worker Steven Dennis, flanked by his girlfriend, Sara McHattie, left, and mother, Carol-Ann Dennis, speaks to reporters one day after returning to Canada. On July 2, Dennis and three other aid workers with the Norwegian Refugee Council were rescued after being kidnapped at the Dadaab refugee camp in Kenya and held for three days. JENNIFER YANG/TORSTAR NEWS SERVICE

Rescued aid worker recalls kidnapping

Recovery. Dennis plans to take at least a couple of months off

The realization he had been kidnapped only hit Steve Dennis as the Canadian aid worker was being sped away by gunmen from the Kenyan refugee camp he'd been visiting minutes before.

By then, all he could do was try to stay calm.

Dennis was in a three-car convoy with three fellow workers from the Norwegian Refugee Council on June 29 when kidnappers moved in, firing shots and shouting in Somali.

The 37-year-old described the utter chaos that broke out as the "most stressful time" of the entire experience.

"Some attackers came from the front, some came from behind. They were trying to get the cars to stop," Dennis told reporters in Toronto on Sunday, speaking publicly for the first time since the dramatic rescue from Somalia last Monday.

"We knew that kidnappings can last a long time ... it was definitely a relief to be out of that very quickly."

The hostage-taking unfolded after the driver in the car Dennis was travelling in was wounded in the gunfire. The bullet that could have ended Dennis' life, however, was stopped short.

"I got shot in my wallet ... I got a small cut but very much my wallet took most of the brunt of that (gunshot)," said Dennis, who is from Toronto.

Pulled from his vehicle, Dennis was then shunted into another car used by the refugee organization. Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, were also snatched.

The getaway vehicle was ditched and the kidnapping turned into a march across the border to neighbouring Somalia, Dennis recalled. The workers were made to hide under bushes during the day, and walk after the sun went down.

Dennis said the kidnappers treated him and the others aid workers with "respect and humanity."

It was around 6 a.m., on their fourth day in captivity, when a pro-government Somali group made the daring raid that killed one kidnapper and ended the workers' ordeal.

Steve Dennis said he remains committed to aid work. "I'm still going to be engaged somehow. How, I don't know. For now I think my job is to take a couple months off and then, if I feel good, take a couple more maybe."

THE CANADIAN PRESS

Account

"They said 'come out, come out' and we thought well, OK ... And then they started speaking English and somebody said 'ransom' and I remember one soldier saying 'no ransom. Rescue.' "

Steve Dennis, recalling when members of the rescue group first approached the kidnapped aid workers

1 NEWS

On the web

Disney icons take to the stage in North Korea

North Korean dictator Kim Jong-un, the son and successor of the infamous Kim Jong Il, hosted an elaborate stage performance featuring Mickey Mouse, Winnie the Pooh and Tigger, just to name a few. For the record, the Walt Disney Co. did not authorize the performance. Read more at metronews.ca.

Mobile news

A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.

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A little girl runs past a memorial for 33 year old Shriya Shah-Klorfine on Sunday. Shah-Klorfine died in May after reaching the summit of Mount Everest.
TARA WALTON/TORSTAR NEWS SERVICE

In memoriam. Friends gather to remember woman who died climbing Everest

Nearly six weeks after her body was cremated in Nepal, friends of Shriya Shah-Klorfine gathered Sunday to remember the inspirational spirit of the 33-year-old Toronto woman who this spring became one of only a few dozen Canadians to have conquered Everest.

But Shah-Klorfine never got the chance to celebrate the achievement of her lifelong dream back home. She died on May 19 high up on the world's tallest mountain — in the "death zone" of thin air — when her oxygen tank became disconnected and she succumbed to exhaustion and altitude sickness.

It was hoped Sunday evening's ceremony at the Lakshmi Narayan Mandir temple in Scarborough would provide some closure for "the people who love and like her," said her friend Bikram Lamba, who helped organize the evening of prayers, songs and stories.

One by one friends shared their memories of the entrepreneur and one-time provincial candidate. Shah-Klorfine ran in the Mississauga-East Cooksville riding in the 2010 election.

TORSTAR NEWS SERVICE

Urban change. Tracking patterns of inequality

Toronto's middle-class suburbs of the 1970s have turned into "urban deserts" of growing poverty while the city centre has become an enclave for the ultra rich.

But in the Montreal region, the suburbs are growing increasingly wealthy while poverty is spreading in the band of communities just outside the city's historic downtown.

Meantime, the wealthy suburbs of North and West Vancouver have grown richer while poverty has spread east and south of downtown since 1970.

What's common for all three cities, however, is that the middle class is shrinking, notes University of Toronto researcher David Hulchanski, whose ground-breaking The Three Cities Within Toronto report in 2007 was the first to map Statistics Canada Census income data over time by neighbourhood.

The new Montreal and Vancouver research, presented at U of T last week, is part of a seven-year study of neighbourhood inequality in six Canadian cities that Hulchanski hopes will help explain the 35-year-trend.

TORSTAR NEWS SERVICE

Delivery at top speed: Boy born alongside Hwy. 400

Premature birth. En route to hospital, mom gives birth in the back seat of a Honda Accord

For now he's known as the boy born beside the highway. Soon enough, however, he'll likely be called Emmett, Charles or Arthur.

Carolyn Murdoch says those three top her list of names for her newborn son, and she and her husband Richard will sift through them as soon as she recovers from a dramatic delivery at 4:33 a.m. Sunday in the back seat of her Honda Accord.

His exit four weeks early from his mother's womb on the shoulder of Highway 400, near Highway 407 in Vaughan, brought out half a dozen police cars and ambulances, garnering him a lot more attention than your typical chubby-cheeked baby.

Mother and son, who weighed in at six pounds, 15 ounces, are doing well at Humber River Regional Hospital, having arrived there by ambulance amid the gaze of television cameras.

Murdoch is already looking forward to the day when she can recount the events of this past weekend to her impatient son. "I'm going to tell him that mama's a big hero. She gave birth to you in the back seat of a car, and your sister (Annabelle), who was two at the time, was the midwife," laughed Murdoch, 37, later on Sunday.

Murdoch, at 35 weeks pregnant, was confident she could take off to Horseshoe Resort in Barrie with a few girlfriends for the weekend. But by early Sunday, she realized what she thought were cramps were actually contractions, and they were coming very close together. At 2:30 a.m., her water broke.

After calls to her husband and her midwife — Murdoch had planned on a home birth — it was decided that friend Kam Agarwal could drive her and Annabelle to a hospital in Brampton in time. But less than 40 minutes on the road, the baby had other plans.

"I could sense that her breathing was getting tense, and then she said to pull over and call an ambulance," said Agarwal, who had the delicate task of driving while trying to keep everyone calm. "As soon as I called the ambulance and turned around, she was holding the baby between her legs."

TORSTAR NEWS SERVICE

Driver's view

Birth in the backseat

Friend and driver Kam Agarwal described the scene — the mother cradling her crying baby with his umbilical cord still attached, next to daughter Annabelle, 2, also in tears — as surreal.

"My only concern was getting her to a hospital as safely and as quickly as possible.... You are worried, but if you panic, then she's going to panic.... You have to hope everything works out, and thankfully in this situation everything did work out," she said Sunday.

"As we were driving, I just remember thinking, 'I don't want to be one of those people on the side of the road, delivering a baby with a camera crew,' and yet the next thing I know I'm delivering a baby on the side of the road with a camera crew."

Carolyn Murdoch and her yet-to-be-named baby boy, who was born at the side of Highway 400 just north of Highway 407 at 4:33 a.m. Sunday. He was four weeks premature and weighed in at six pounds, 15 ounces.
VINCE TALOTTA/TORSTAR NEWS SERVICE

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"As soon as I called the ambulance and turned around, she was holding the baby between her legs." Friend and driver Kam Agarwal

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Yonge & Eglinton

Cops investigate 'suspicious' death at upscale condo

Police are investigating the "suspicious" death of a 40-year-old man, whose body was discovered Sunday afternoon in an upscale condo near Yonge Street and Eglinton Avenue.

Staff Sgt. Michael McGee said the circumstances under which the man died were "unusual."

The suite on Redpath Avenue near Roehampton Avenue was filled with an unidentified noxious substance. Some first responders reported feeling ill.

Police said the chemical did not pose a threat to other residents. The building was not evacuated.

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Thousands come out to support hometown driver

Honda Indy. Oakville's James Hinchcliffe knocked out on 28th lap

Matt Buckles, left, Johnny Ostapiuk and Nick Braun sport their "Hinchtown or bust" T-shirts in support of Oakville native and IndyCar driver James Hinchcliffe. Hinchcliffe was knocked out of the race by engine trouble on the 28th lap. JESSICA MCDIARMID/TORSTAR NEWS SERVICE

Matt Buckles and Nick Braun got up early Sunday morning to have the words "Hinchtown or bust" emblazoned across the front of neon green T-shirts. On the sleeve, the shirts bore the likeness of Oakville-bred IndyCar driver James Hinchcliffe.

"We thought it would be a good way to support him," said Braun, standing with friends wearing the eye-searing lime shirts that match Hinchcliffe's GoDaddy-sponsored Chevrolet Dallara.

They were among thousands of fans who turned out at Exhibition Place on Sunday to watch the Honda Indy Toronto, 85 laps of wailing engines and cars hurtling along the downtown street course at more than 300 km/h.

The only thing louder than the cars was the fighter jets and fireworks that preceded the final event of the weekend.

When Hinchcliffe was introduced prior to the race in a hail of fireworks and blasts of flame, the crowd roared its approval for the hometown favourite.

But engine trouble knocked out 25-year-old Hinchcliffe on his 28th lap.

"It's a little disappointing but he'll come back strong," said Buckles, adding that Hinchcliffe apparently noticed the shirts, pointing at them from the track.

"It's not just car racing, it's the spectacle of everything here," Buckles said.

TORSTAR NEWS SERVICE

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- Look for Metro's festival review next Monday.

The biggest music festival in North America is taking place right now, but chances are good you've never heard of it. No, it's not Coachella, Bonnaroo or Sasquatch — it's the Festival d'été de Québec, and it's taking place within our Canadian borders, in Quebec City until July 15.

Now in its 45th year, the festival quickly sold out of its 150,000 wristbands and, with day passes and single event tickets, will host more than a million visitors by the time it wraps. Unlike the majority of the continent's biggest music festivals, which are commonly held in a single outdoor location, the Festival d'été completely transforms the urban landscape of Quebec City, taking over venues big and small, from the 70,000-plus-capacity concerts on the historic Plains of Abraham to the smaller stages that dot the city's many cobbled streets.

What started in 1968 as a tiny French-language festival has transformed over the past four and a half decades into a bilingual 11-day musical event that has hosted major international talent like the Arcade Fire, Santana, Iron Maiden, Black Eyed Peas, Rush, Buck 65, Cut Copy, Metallica, the Black Keys and many more.

This year is no different.

"It's always easy to say that there will be something for everyone, but in this case it's true," says festival general manager Daniel Gélinas. "What we're aiming for is to please the most people possible by giving them the best music out there right now."

A view of the Plains of Abraham during last year's Festival d'été de Québec. COURTESY RENAUD PHILIPPE

Aerosmith, Beirut, Bon Jovi, Dan Mangan, Great Lake Swimmers, K-OS, Lionel Richie, LMFAO, Metric, Our Lady Peace, Sarah McLachlan and the Offspring are all scheduled to hit the stage, along with hundreds of other English and French-language acts.

And here's the kicker: A festival wristband for the entire 11-day festival costs only $55. At the moment, the majority of those attending come from within Quebec's borders, but word is getting out about the Festival d'été, and chances are that won't be the case for long.

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Bulls trample thrill-seekers in Pamplona

Bulls thundered into and trampled several thrill-seeking runners as they raced down the dew-slicked cobblestone streets of Pamplona on Sunday during the second day of the weeklong San Fermin bull-running festival but no one was gored, officials said.

The second San Fermin feast day is usually one of the most crowded and traditionally features bulls from the Miura breeding ranch, some of Spain's largest and most fearsome fighting animals.

The festivities were made famous by Ernest Hemingway's novel "The Sun Also Rises." While many runners suffered minor cuts and bruises, only two people needed medical treatment, one for a bruised back and another for facial contusions.

THE ASSOCIATED PRESS

1 Spanish spectacle. Fiestas' crowd dodges crashing cow

A cow jumps over revellers in a bullring during the second running of the bulls at the San Fermin fiestas, in Pamplona northern Spain, Sunday.

2 Running of the bulls. Participants retreat from Spain's toughest breed

Revellers run on the Estafeta corner as a fighting bull from Miura ranch charges through the streets.

3 Run! Nearly nicked

Runners dodge a Miura's ranch fighting bull.

4 All-nighter. The Sun Also Rises

The festival is also known for its all-night street parties.

5 Crowd surfing. End of round 1

Revellers of "Pena Voladora" hold up a colleague at the end of the first running of the bulls.

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Mass hysteria cause of mysterious illness in Afghan schoolgirls: WHO

An Afghan girl stands outside a tent in a camp in Kabul in this file photo.
MAJID SAEEDI/GETTY IMAGES

Afghanistan. Locals, government say a radical group is using poison to prevent girls from getting an education

Hundreds of schoolgirls have been wailing, vomiting and fainting in northern Afghanistan over the past few months.

No one has died from the mysterious illness and most recover within a day or two. This is the fourth straight year the illness has afflicted Afghan girls in the northern provinces although there has been a dramatic spike in 2012 — 858 cases reported in the first five months alone compared to 119 last year. The provincial governments and Kabul say the girls are being poisoned by the Taliban, or Pakistani spies, because they are attending school — something that was forbidden during the Taliban rule in the 1990s. The radical group has denied any involvement.

But the World Health Organization believes it has found the cause: mass hysteria, or, in medical parlance, mass psychogenic illness (MPI).

Locals and the government vehemently disagree.

"Girls are being poisoned," said Nargis Nehan, with Equality for Peace and Democracy, from Kabul. "There must be something in the water or air that is making these girls sick."

Neither the World Health Organization nor local officials have found evidence of poison. Tests on the girls have come back negative in all 1,634 cases, according to the WHO report. And no teachers or boys have become sick. TORSTAR NEWS SERVICE

Prognosis

Mass hysteria manifests itself in physical symptoms and is a legitimate illness, said Julio Arboleda-Florez, a psychiatry and epidemiology professor at Queen's University.

- In Kosovo in 1990, thousands of girls suffered from burning red eyes and chest pain, but no traces of poison were ever found in the patients.

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Nigeria. 52 killed in raids on Christian villages

Raids and reprisal attacks have left 52 people dead in Christian villages near a Nigerian city where authorities have struggled to contain religious violence, officials said Sunday.

Assailants launched "sophisticated attacks" on several villages near Jos early Saturday, said Mustapha Salisu, spokesman for a special taskforce made up of policemen and soldiers deployed in the area to curb years of violence.

He said the special taskforce fought back for hours and lost two policemen in the battle. Salisu initially said that 37 people were killed including 14 civilians and 21 assailants.

However, later in the day, Nigerian Red Cross official Andronicus Adeyemo said aid workers had counted 52 dead and more than 300 displaced people from the attacks. He did not give a breakdown.

He said a federal lawmaker and a state lawmaker were ambushed and killed Sunday afternoon on their way to a mass burial for the victims.

Authorities declined to comment on who they suspect, but similar raids have been blamed on Muslim herdsmen in the past. THE ASSOCIATED PRESS

Disguised

"They came in hundreds ... some had (police) uniforms and some even had bulletproof vests."

Mustapha Salisu, spokesman for a special taskforce made up of policemen and soldiers deployed in the area to curb years of violence.

Jamaica

Police detain suspected killer

Jamaican police say they have detained a man suspected of taking part in an attack on a family reunion in which a man who had been living in Florida was killed.

Police in St. Ann parish say at least 10 men invaded a family reunion at an upscale apartment complex in Cardiff Hall, close to the northern tourist town of Runaway Bay. Witnesses say the gunmen demanded cash, jewelry and other valuables.

A scuffle broke out during the home invasion and Gavin Campbell was fatally shot. Authorities say Campbell was a Jamaican who had been living in the Orlando area.
THE ASSOCIATED PRESS

Middle East

Israeli settlement construction a concern: Barroso

European Commission President Jose Manuel Barroso says Mideast peace is still a top priority, and it cannot become an "orphan" of the upheavals taking place in the Arab world.

Barroso visited the Palestinian territories Sunday and met with Palestinian Prime Minister Salam Fayyad. He said he was concerned about Israeli settlement construction in the West Bank.

Palestinians refuse to resume peace talks while construction proceeds in the settlements.

On Monday, Barroso will meet with Israeli leaders.
THE ASSOCIATED PRESS

Congo. Rebels seize town after army flees advance

Rebels have seized a town on volatile eastern Congo after the army fled their advance, a local official said Sunday.

Omar Kavota says the M23 rebels seized the town of Rutshuru Sunday. Kavota says the army looted during their retreat.

"We appeal to the international community to do something to protect the civilians who fled the fighting and are living in fear," he said.

Panicked residents were fleeing Rutshuru on Friday night amid reports that the rebels had advanced within shelling distance, according to a statement from the North Kivu Civil Society.

Fears were heightened by the evacuation of UN and independent aid agencies, followed in the late afternoon by the retreat of Congolese army soldiers, it said.
THE ASSOCIATED PRESS

Shattered peace

Congo's two-year-long peace was shattered in April when an army unit led by Gen. Bosco Ntaganda defected.

- They fled into the bush, where they regrouped as the M23 rebels, named for the date in March 2009 when the former rebels signed a deal with the Congolese government, a deal brokered as the army was in full retreat and the dissidents threatened to take the eastern provincial capital of Goma.

Death toll tops 170 in Russian floods

Black Sea region. President Putin orders investigation into whether enough was done to protect citizens

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia, committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disasters in recent years, many of them blamed on aging infrastructure or lax safety rules.

The Interior Ministry said Sunday that 171 bodies had been recovered, 159 of them in and around Krymsk and 10 in Gelendzhik, including five who were electrocuted after a transformer fell into the water. The majority of the dead were elderly who were unable to escape the sudden deluge.

THE ASSOCIATED PRESS

Elsewhere ...

In India, the death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern state of Assam.

- About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends.
- The central government has offered $90 million in aid to the agricultural state, where at least 627,600 acres of rice fields and other crops have been affected.

A local resident stands at a flooded house in Krimsk, Russia, on Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Afghanistan. Donor nations promise aid will stay after troops leave

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

Weariness after more than a decade of fighting, and exasperation over the inability or unwillingness of President Hamid Karzai's government to tackle rampant corruption and graft, have weighed on the international community's resolve to keep supporting Afghanistan.

The landlocked Central Asian country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged $16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo.

Canada will contribute an extra $227 million in development aid between 2014 and 2017, with the money aimed at empowering women and girls in the areas of education, human rights and humanitarian assistance.

The money is in addition to the initial commitment of $300 million that Canada promised between 2011 and 2014.

Conservative MP Chris Alexander, the parliamentary secretary for national defence, said Canada and other donors will keep a close eye on how the money is spent.

Canada's combat mission ended last year when the military pulled out of Kandahar, and a smaller contingent of Canadian troops has been deployed as part of a training mission that is scheduled to wrap up in 2014. THE CANADIAN PRESS/ WITH FILES BY THE ASSOCIATED PRESS

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Libya's election hints at blow to Islamist rise in Arab Spring wake

Possible precedent. Western-leaning parties seem to be leading the polls in country's biggest cities

Libya's first nationwide elections in nearly five decades brought hints Sunday of an Arab Spring precedent: Western-leaning parties making strides over Islamist rivals.

While final results from Saturday's parliamentary election could still be days away under a two-tier selection system, unofficial and partial counts from Libya's biggest cities suggested liberal factions were leading the Muslim Brotherhood and their Islamist allies.

If the Libyan trend holds — which is still far from certain — it would challenge the narrative of rising Islamist power since the fall of Western-allied regimes from Tunis to Cairo. It also could display the different political dynamics in Libya, where tribal loyalties run deep and groups such as the Muslim Brotherhood at times co-operated with the rule of Moammar Gadhafi.

"Anyone with past ties with old regime is hated, even despised," said Fathi al-Fadhali, a pro-Islamist Libyan political analyst who lived in exile for 30 years. "Any political names associated with the regime are immediately politically burnt by that association."

Ultimately, the 200-seat parliament will face the task of forming a government — which could become tests of strength for Islamists and secular forces over questions such as women's rights, the extent of traditional Islamic law and relations with the U.S. and other Western nations that helped bring down Gadhafi. THE ASSOCIATED PRESS

Muslim Brotherhood

Perceived Gadhafi ties mar chances

Unlike Egypt — where the Muslim Brotherhood was seen as an alternative to Hosni Mubarak's authoritarian rule — its brethren in Libya must confront a reputation as compromisers with Gadhafi. A former rebel commander, Fadllah Haroun, called it 'their black past.'

Gadhafi's powerful son, Seif al-Islam, forged deals with the Muslim Brotherhood and allies in efforts to pave the way for his eventual rule.

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100th Calgary Stampede off to a galloping start

A young cowboy loses his hat as he rounds up wild ponies following the wild-pony ride during rodeo action at the Calgary Stampede on Saturday. This is the 100th anniversary of the Stampede, which runs for 10 days featuring rodeo action, chuckwagon races, a midway, agricultural exhibits and livestock competitions. JEFF MCINTOSH/THE CANADIAN PRESS

Liberal party. Trudeau says he's still mulling leadership bid

Liberal MP Justin Trudeau looked very much like a man intent on seeking the leadership of the federal Liberal party as he donned a cowboy hat, boots and jeans and pressed the flesh at a Calgary Stampede pancake breakfast Saturday.

Trudeau worked his way down the long line of pancake enthusiasts at a Liberal breakfast, speaking to each individual and posing for photos.

While the Montreal MP and eldest son of former prime minister Pierre Trudeau told the media his actions shouldn't be mistaken for campaigning, he acknowledges that running for the leadership is very much on his mind.

"I have to make sure I have the substance I bring forward and you guys will find out at the end of the summer, beginning of fall, if I've decided and not before," Trudeau said.

Justin Trudeau at the Stampede. JEFF MCINTOSH/THE CANADIAN PRESS

A poll from The Canadian Press Harris-Decima released last month suggests 33 per cent of Canadians would be likely or certain to vote Liberal with Trudeau at the helm.

"I'm aware that there's a certain popularity factor out there but that's not the centre of any decision I have to make," he said. "The centre I have to make is a very personal one." THE CANADIAN PRESS

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Islamists stage massive demonstration

Pakistan. Uproar follows decision to allow NATO countries to resume shipping supplies through country

Thousands of hardline Islamists streamed toward Pakistan's capital in a massive convoy of vehicles Sunday to protest the government's decision to allow the U.S. and other NATO countries to resume shipping troop supplies through the country to Afghanistan.

The demonstration, which started in the eastern city of Lahore, was organized by the Difah-e-Pakistan Council — Defence of Pakistan Council — a group of politicians and religious leaders who have been the most vocal opponents of the supply line.

Pakistan closed the route in November in retaliation for American airstrikes that killed 24 Pakistani troops. Following months of negotiations, Islamabad finally agreed to reopen the route last week after U.S. Secretary of State Hillary Rodham Clinton apologized for the deaths.

Clinton met with Pakistani Foreign Minister Hina Rabbani Khar for the first time since the apology Sunday on the sidelines of an Afghan aid conference in Tokyo and expressed hope that resolution of the supply line conflict would lead to better relations between the troubled allies.

THE ASSOCIATED PRESS

Quoted

"By coming out on the streets, the Pakistani nation has shown its hatred for America."

Difah-e-Pakistan leader, Maulana Samiul Haq. Known as the father of the Taliban

Protestors rally in Lahore, Pakistan, Sunday. K.M. CHAUDARY/THE ASSOCIATED PRESS

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Syria. Assad rejects comparisons to other Arab nations in rare interview

Syrian President Bashar Assad said in an interview broadcast Sunday that he is not afraid of meeting the same fate as the deposed and disgraced leaders of Libya and Egypt, saying he has nothing in common with them.

In one of his rare interviews with Western media since the deadly uprising in Syria erupted last year, Assad brushed off a question about whether he feared for his family, including his wife and three children.

"It's a completely different situation," he told German broadcaster ARD. "What's happening in Egypt is different from what is happening in Syria ... You cannot compare," he said.

He also rejected any comparisons with Libya, where rebels helped by NATO air strikes toppled the regime. Libyan leader Moammar Gadhafi was killed while fleeing advancing opposition fighters.

"Describing what happened to al Gadhafi, this is savage, this is crime," he said in the interview that was conducted in English.

The 16 months of upheaval in Syria, spurred by the Arab Spring's pro-democracy movements across the Middle East, have left well over 14,000 people dead, according to activists. They accuse the autocratic ruler of crushing legitimate protests seeking reforms by waging a war against his own people.

But in the interview, the 46-year-old Assad, who has ruled Syria since taking over from his father in 2000, accused the U.S. of fueling the uprising, saying that Washington ultimately bears responsibility for the deaths of innocent civilians in the Middle Eastern nation.

THE ASSOCIATED PRESS

Syrian President Bashar Assad
THE ASSOCIATED PRESS

Egypt

Emergency meeting

Egypt's official news agency says the country's top generals are holding an "emergency meeting" to discuss the surprise decision by the president to recall the dissolved, Islamist-dominated parliament. Last month, the then-ruling generals ordered the legislature dissolved following a ruling by Egypt's highest court that a third of the parliament's members were illegally elected.

THE ASSOCIATED PRESS

Syria

Flexing their military muscle

In a show of force, Syria began large-scale military exercises Sunday to simulate defending the country against outside "aggression." Damascus' staunch ally Iran warned of a "catastrophe" in the region if no political solution to the 16-month-old Syrian conflict is found. Tehran is Syria's closest ally, and has stood by President Bashar Assad's regime throughout the revolt against his rule despite a growing chorus of international condemnation.

THE ASSOCIATED PRESS

Newfoundland

Earthquake rattles the Big Land for first time in 50 years

Newfoundland and Labrador was hit with a 4.4 magnitude earthquake Sunday morning.

A seismologist with Natural Resources Canada says the magnitude isn't large enough to cause destruction, but it is significantly more than most earthquakes in the region.

He says the earthquake hit around 8:13 a.m. local time along the Quebec-Labrador border, just south of Happy Valley-Goose Bay.

Those in the immediate vicinity felt very strong shaking.

Miners in Labrador City said the earthquake felt like a regular mine blast.

Natural Resources Canada says the last time an earthquake of this size hit the province was 50 years ago.

THE CANADIAN PRESS

Mexico

Army finds drugs tunnel near Arizona border

Mexico's army has uncovered a 230-meter tunnel running under the Sonora-Arizona border that was used to smuggle drugs into the United States.

Mexico's defence secretariat says the tunnel linked a soon-to-be-opened ice and purified water business in San Luis Rio Colorado, Sonora to a business in San Luis, Arizona. Gen. Raul Guereca said Saturday that the tunnel was 1.3 metres high and reached a depth of almost 18 metre) below ground. It had electricity, ventilation and small cars to transport the drugs through the tunnel.

Officials did not say which cartel they thought had built the tunnel. As U.S. authorities have tightened land crossings, tunnels have become a popular way for Mexico's cartels to smuggle drugs.

THE ASSOCIATED PRESS

Republican candidate

Romney plans overseas trip

Mitt Romney is planning a trip overseas ahead of the Republican National Convention in August.

A Republican official says the Republican presidential candidate is set to visit the Olympics in London for the opening ceremonies July 27 and the beginning of the competition. Then he'll head to Israel, where he plans to meet with Prime Minister Benjamin Netanyahu.

Romney's advisers are considering plans to visit other countries in Europe, though the itinerary is still being finalized. Romney has wound up a family vacation in Wolfeboro, New Hampshire, and is spending Sunday in New York for a series of fundraisers in the Hamptons. He speaks to the NAACP civil rights group's annual convention on Wednesday and is planning a Thursday fundraiser with former vice-president Dick Cheney.

THE ASSOCIATED PRESS

Heat loosens its grip on half of U.S.

Hot. Temperatures in Midwest to East Coast drop nearly 15 degrees, followed by thunderstorms that knocked out power

A sun bear reacts to triple-digit temperatures at the Henry Doorly Zoo in Omaha, Neb. THE ASSOCIATED PRESS

The heat that blanketed much of the U.S. began to ease up from unbearable to merely very hot Sunday as temperatures from the Midwest to the East Coast dropped from highs above 38 degrees Celsius) down to the low to mid 30s Celsius.

Cooler air swept southward in the eastern half of the country, bringing down some temperatures by 15 or more degrees from Saturday's highs, which topped 38 C in cities including Philadelphia, Washington, St. Louis, Indianapolis and Louisville, Kentucky.

For many areas, the cooler temperatures were ushered in by thunderstorms that knocked out power to thousands.

In New Jersey, a line of strong, fast-moving storms knocked out power to nearly 70,000 on Saturday night.

The heat of the past several days has also been blamed for at least 35 deaths across the country.

THE ASSOCIATED PRESS

High heels hit a new low on Moscow road

A young woman falls down as others run in Glamour high heels race in downtown Moscow, Russia, Saturday. Participants of the high heel run were challenged to race 50 meters in stilettos of at least 9 cm (2.54 inches). MISHA JAPARIDZE/THE ASSOCIATED PRESS

Spain. Police break up stolen art ring, arrest 9

The Interior Ministry says police agents have broken up a forged art ring and arrested nine people on suspicion of producing fake works by famous painters to sell them illegally on the black market.

Investigators made the arrests in the Spanish cities of Madrid, Cordoba and Albacete and seized 60 fake paintings attributed to artists including Francisco Goya, Pablo Picasso and Joaquin Sorolla, a ministry statement said.

THE ASSOCIATED PRESS

Pictured is a forged Joaquin Sorolla oil painting. THE ASSOCIATED PRESS

'God particle'. Pakistan shuns award-winning physicist

Pakistan's only Nobel laureate helped develop the theoretical framework that led to the apparent discovery of the subatomic "God particle" last week, yet his legacy has been largely scorned in his homeland because of his religious affiliation.

Adbus Salam, who died in 1996, was once hailed as a national hero for his pioneering work in physics and work that guided the early stages of Pakistan's nuclear program. Now his name is even stricken from school textbooks because he was a member of the Ahmadi sect that has been persecuted by the government and targeted by Taliban militants. Salam and Steven Weinberg independently predicted the existence of a subatomic particle now called the Higgs boson. THE ASSOCIATED PRESS

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Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in St. Catharines finds 'surprising amount' of unreported income by restaurant staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers working in just four restaurants in St. Catharines.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

In the end, the blitz flushed out $1.7 million in unreported tips and gratuities — almost $12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines' blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as $36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The other projects, which also reported in 2010, focused on the trucking industry, house-flipping, electronic sales suppression or cash-register zapping — even Quebec's maple-syrup industry.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some $1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

The fabric of China's fortune

A worker lays out fabric at a furniture manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. ANDY WONG/THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for $30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for $30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes from 1997 to 1999. But it said the government owes the company interest for an overpayment in 1991. THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market.

The U.S. retailer's plan to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content. The company has committed to sell uniquely Canadian cultural products in its Canadian stores. THE CANADIAN PRESS

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GOING TO THE ISLAND: YAY, GETTING TO THE ISLAND: BOO

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

With the Toronto Islands stretching across the length of the central waterfront, this city has a section of green space comparable in size to New York City's Central Park. During a hot summer like this one, there's no better destination.

But there's a problem: getting there is a miserable, soul-sucking experience.

The frustration starts even prior to arrival at the ferry terminal. Despite living in an era where you can buy everything from parking permits to exotic animals online, visitors to the islands are given no other option but to buy their $7 ticket in person.

On a typical summer weekend, the lines for the ticket booths are long and disorganized. They snake backwards from the booths — one or two of which are inevitably closed, some signed 'cash only' — and then merge into a confusing glob of humanity.

More savvy Torontonians know that they can accelerate past the chaos by going directly to the ticket machines on the other side of the booths, assuming they're not broken. But tourists and casual summer revellers shouldn't be expected to research a strategy just to ensure a prompt spot on the ferry.

Ticket in hand, the experience doesn't get much better. The waiting area for the ferries is literally a small, uncovered cage.

Things have been even worse this summer. Until restrictions were eased late last week, new federal regulations had nearly halved the maximum capacity of the two largest ferries.

This all adds up to a ridiculous situation. The islands are a major Toronto asset, especially given the lack of parkland downtown. For urban dwellers, there's no closer escape from concrete and traffic. But I'd bet that, for many Torontonians, a getaway to the islands is something they only experience once or maybe twice a summer.

It doesn't need to be this way. Aside from small improvements like online ticket purchasing and renovating the waiting area so it doesn't feel like Alcatraz, why not explore innovative options for accessing the islands? A gondola connection could provide consistent service and offer some amazing views.

But beyond that: why not a bridge? Not the kind of bridge debated ten years ago, but instead a pedestrian and cycle bridge spanning the short distance between the port lands and the eastern islands. This kind of connection would still allow for continued heritage ferry service while providing a more convenient connection for those looking to enjoy the island for casual recreation. It would also further animate the area around Cherry Beach.

Yes, a bridge would be costly and inevitably face hurdles, but it's worth thinking about. Especially as island day-trippers wait forever in the sun this summer.

Huge crowds wait for hours to get onto the ferries near the corner of Bay and Queen's Quay in this 2011 file photo. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Weren't you ever told...

STÉPHANIE KILGAST/PETITPLAT.FR

...not to play with your food?

Miniature 'food'

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, it's for your eyes only ... as they are made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making miniscule works of 'food' since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."
- **Biggest problem.** "I get hungry! That can be problematic."
- **How it started.** "When I was a child, I did miniature food for my dolls and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food and that intrigued me again. I started a few hours later and never have stopped since then."

Tasty number

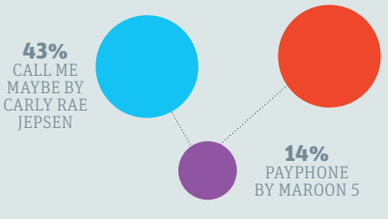
2

centimetres is the typical size of one miniature food dish — that's roughly the size of a regular postage stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking 'food.'

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's 2012's song of the summer?



Twitter

@princessnikki83:
If I didn't know any better I would think Whitney came back from the dead to sing live in Air Honda!

@nimisharma12:
I wanna go to a cottage & have a bbq, & at night sit by the beach watching the moon reflect off the waves as it hit my toes #dreamsummerlife

@TrishaToussaint:
I wanna be part if caribana this year but I'm not about dropping a bill something for a costume I'm never going to wear again

@fuadabdi:
Just bumped into Mayor Rob Ford and Oliver The Jeweler at Salsa on St. Clair! pic.twitter.com/qxGWu9ny

@Ms_Toya:
What an amazing match both men and women...FEDERER... that is ALL!!! #Wimbeldon

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SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a $65 million opening weekend and $140 million in his first six days at U.S. theatres. Worldwide, The Amazing Spider-Man has climbed to $341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise. The new origin story for the Marvel Comics web-slinger comes just five years after Tobey Maguire and Sam Raimi's Spider-Man 3. Oliver Stone's drug-war thriller Savages opened at No. 4 with a solid $16.2 million weekend. The concert film Katy Perry: Part of Me failed to pack in the pop star's fans, debuting far down the chart with just $7.2 million.

THE ASSOCIATED PRESS

On the web

Canadian filmmaker wins directing prize at Karlovy Vary film festival

Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted.

"Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

"Maybe at 22 I might've been able to pull it off, but hip hop is a young man's game and I will definitely sit on the sidelines when it's for real."

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

He wasn't in American Wedding, so this latest film marked the first time he got to work with the Pie crew in over a decade.

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

Comic-Con: The ultimate mecca for geeks

Football fans have the Super Bowl. Soccer enthusiasts have the World Cup. Cinephiles have the Academy Awards.

For pop-culture lovers —the self-professed geeks and nerds who delight in fantasy-inspired fun from anime to zombies — there is Comic-Con, the Olympic-sized celebration of movies, TV, video games, costumes and pop art that began as a humble comic-book convention 43 years ago and is now an annual marketing extravaganza.

From Thursday to Sunday, more than 100,000 pop-culture aficionados will flood the San Diego Convention Center in San Diego, Calif., showing off their Storm Trooper suits, playing yet-to-be-released video games and attending panels featuring A-list filmmakers like Peter Jackson and such hot TV shows as Game of Thrones.

But first comes Wednesday's "preview night." Available only to those who bought four-day passes to the sold-out convention, the showing is decidedly low tech, yet high end: it's all about collectible toys. On display will be special-issue, limited-edition playthings and books made just for the pop-culture fest.

These include not only the unique freebies that various booths are giving away, but also coveted collectibles.

THE ASSOCIATED PRESS

The best of Comic-Con might be on Wednesday's 'preview night' where four-day pass holders get first peek at the collectibles. THE ASSOCIATED PRESS

Who are the collectors?

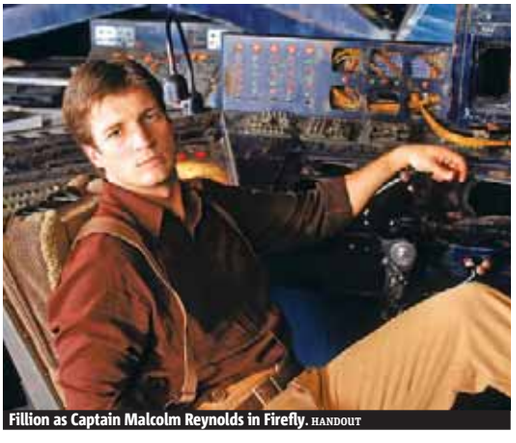
Most toy collectors are men ages 25 to 40, though women are getting into the hobby in growing numbers, says Scott Neitlich, a marketing manager at Mattel. "It's not just about the physical price of the product, but the emotional connection each collector has about what figures they've decided to include," he says. "It's people who grew up in the '70s and '80s who now have disposable income to recapture their youth."

Actor Nathan Fillion plays Richard Castle in ABC'S Castle, which airs on CTV. HANDOUT

A Canadian's rise from sci-fi captain to crime solver

Leading man. Nathan Fillion chats about career struggles, and the man who gave him his big break

ROMINA MCGUINNESS
scene@metronews.ca



Fillion as Captain Malcolm Reynolds in Firefly. HANDOUT

Nathan Fillion's life changed the day he was cast as Captain Malcolm Reynolds in the cult space-western series Firefly, written and directed by Joss Whedon (The Avengers).

Today, Fillion, star of the TV series Castle, would like to thank Whedon ... for everything.

"Firefly was the most favourite job I ever had, I truly loved it. It was every dream come true. It changed me as a person; how I work and the kind of work I do. I feel stupid considering how emotional I get about it."

But when the show was prematurely cancelled, Fillion wasn't ready for it.

"I didn't see it coming. I'd fallen in love with it so it was like being broken up with the best girlfriend you've ever had. I was depressed and the only comfort I found was in chocolate ice cream. I put on 20 pounds and it wasn't pretty."

Thankfully, just two years later, Fillion was offered the lead in Serenity, a film based on Firefly. Yet another dream was coming true.

"I find it very difficult wishing for more because I got everything I wanted. I got the lead in a film and I was getting Firefly back in the biggest possible way."

Quoted

"I find it very difficult wishing for more because I got everything I wanted."

Castle star Nathan Fillion

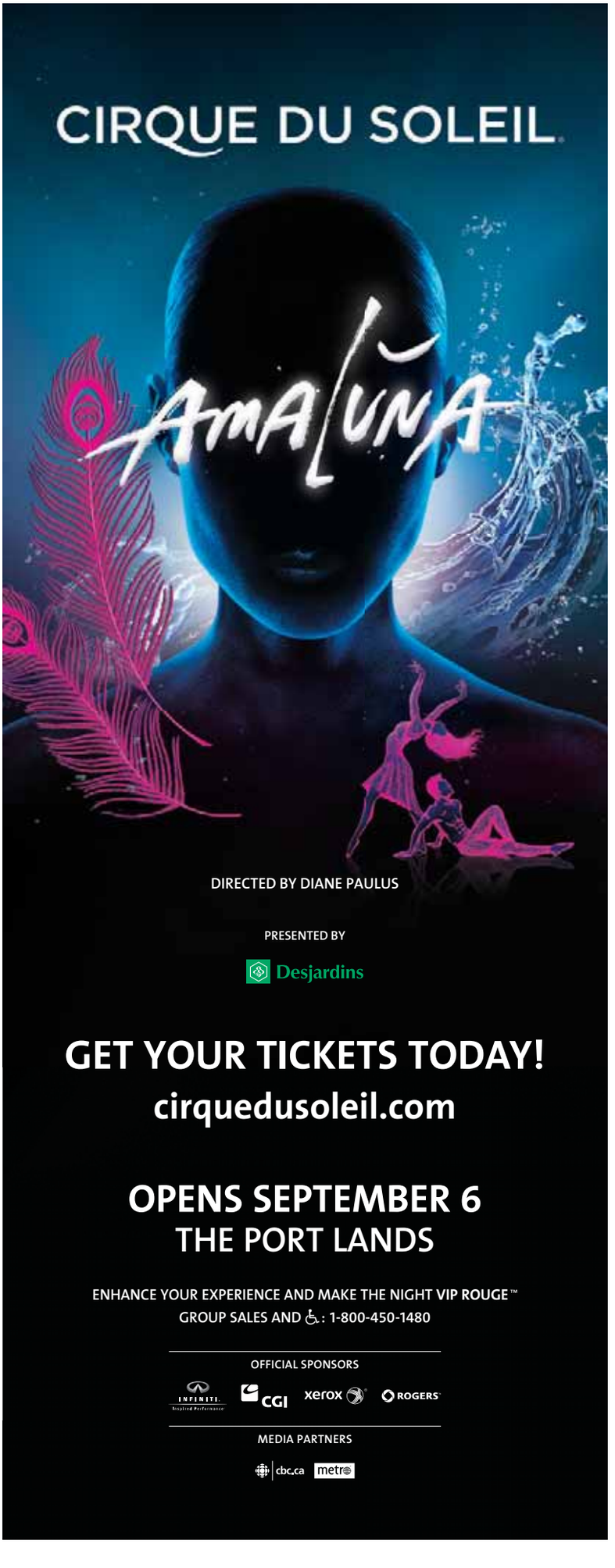
Whatever Whedon asks for, Fillion does. "I have a rule: every time Joss calls me to say, 'let's do this project,' I'll do it. He's done more for me single-handedly than anyone else. I've had more success with Castle than I dared to dream of and I wouldn't have had it had it not been for Joss, because no one would hire me for a lead role. No one would give me a chance to prove myself. But Joss was that guy."

Following the box office success of Whedon's latest venture, The Avengers, can we expect a Captain Reynolds comeback?

"Joss changed my life, so I could never look at him and say 'more.' The most important thing is that people now know how clever he is. I find it very vindicating that everyone, not just his fans, knows this."

But let's shift our focus over to Fillion's current role in ABC's comedy series Castle, where he plays Richard Castle, a mystery novelist helping the NYPD solve unusual crimes.

So has he managed to pick up any good detective skills from the show? Apparently not. "Me, Nathan Fillion, solving crimes? I'm not very bright so no, a lot of murderers would get away."



Cosby Show actress excited about TV return on 'positive black family' show

Old School. Tempestt Bledsoe and Anthony Anderson speak about new series at the Essence Music Festival

Actors Anthony Anderson as Gary and Tempestt Bledsoe as Marny in a scene from Guys with Kids, premiering Sept. 26 on NBC. VIVIAN ZINK, NBC/THE ASSOCIATED PRESS

Actress Tempestt Bledsoe says she's thrilled to be returning to network television on a show that portrays "a positive black family" similar to the long-running hit sitcom she was a part of for roughly eight years — The Cosby Show.

"That show was my childhood," said Bledsoe, who played middle child Vanessa Huxtable in the NBC show that also starred Bill Cosby, Phylicia Rashad, Malcolm-Jamal Warner, Lisa Bonet and Keshia Knight Pulliam. "It did so many things. It greatly influenced the kinds of projects I did. It helped form my core values, like my work ethic."

Bledsoe and actor Anthony Anderson spoke Friday at the Essence Music Festival about the new show they're starring in, Guys with Kids, which premieres this fall on NBC.

In an interview after their appearance, the co-stars told The Associated Press they were thrilled the show will spotlight a "positive black family on network television."

"We just don't have that right now, not on network television," said Anderson. "Like the Cosby Show, this will be an opportunity to see the love, support, humour and beauty of a black family on TV."

The show, produced by Jimmy Fallon, is about three 30-something dads trying to hold on to their youth. It will also star Jamie-Lynn Sigler of The Sopranos and actors Zach Cregger and Jesse Bradford. One of the characters is a single dad, another is a working father and Anderson's character is a stay-at-home dad raising four young sons. THE ASSOCIATED PRESS

Essence Music Festival

- **Stars in attendance.** Other celebrities appearing at the festival included actor Russell Hornsby, who appeared in Lincoln Heights and currently stars in the NBC supernatural drama Grimm. Bern Nadette Stanis, who played Thelma on the hit 1970s show Good Times and comedian and Think Like a Man author Steve Harvey; and Malik Yoba, who stars on the SyFy network's drama Alphas.
- **Celeb book release.** Later Friday, singer and actress Vanessa Williams participated in a discussion with her mother, Helen, about relationships. The pair recently released a book, You Have No Idea, which gives fans insight into the actress' upbringing and touches on her life's tragedies and successes.

Revenge. Josh Bowman on what's to come for his spoiled, aloof billionaire

In ABC's hit drama series Revenge, Josh Bowman plays spoon-fed billionaire Daniel Grayson.

He is blissfully unaware of the torment happening around him. He is seduced and used by Emily Thorne (the show's main protagonist played by Emily VanCamp), whose sole motivation in life is to get back at the people who caused her father's disgrace and death — including Daniel's parents. After a first season full of twists and turns, Bowman is looking forward to some steady ground in season two.

"We tried a number of avenues to see what direction to take Daniel in and not all of them worked. Then again, if I did have a clue about what she (Thorne) was doing then the show would kind of end," he says.

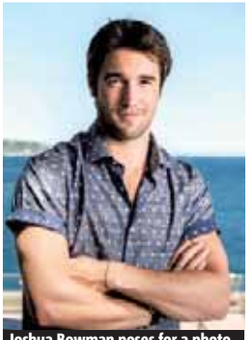
But where would he, Josh, like to see this go? "I'd like to have a clue. But I do feel we've finally found our ground. No longer being the good guy makes Daniel a little more three-dimensional, he'll have his own motivations and secrets to protect. For me, as an actor, some sort of a stable storyline will be a lot easier to build upon. So hopefully by season two he becomes much more clued in to what is going on. I hope so."

Bowman's character is the biggest tool on the show.

"I've been used as a pawn, a bit of an obstacle for the main characters. I don't love it at all because as an actor, you want to know what's ahead." However, there is a plus side to being kept in the dark. "There's some great stuff in not knowing. This is a show that can be successful because it's so windy, twisty and turny."

Daniel Grayson may not know where he's headed, but Josh Bowman sure does. "I believe in taking risks and if you fall flat on your face then fine. You only get a handful of chances and then you're out of the window. As an actor, you have to challenge yourself.

ROMINA MCGUINNESS/METRO



Joshua Bowman poses for a photo session in Monaco. FRANCOIS DURAND/GETTY IMAGES

A Hollywood veteran explores new avenues

Passion projects. Madeleine Stowe goes over her roles as an actress, director, humanitarian, wife and mother

ROMINA MCGUINNESS
scene@metronews.ca

Actress Madeleine Stowe in Monaco, whose TV show Revenge airs on CityTV. FRANCOIS DURAND/GETTY IMAGES

In TV drama Revenge, Madeleine Stowe plays Victoria Grayson, a glamorous Hampton's matriarch weighed down by the secrets of her past.

How does it feel playing a powerful she-wolf? "I would never want to know Victoria and I would never want to be her, but she's so much fun to play. She's incredibly passionate, and insane in some ways, but the truth is she's just really lonely."

Rather than portraying Grayson as a typical Hampton society matron, Stowe suggested making her character more sexy than stern by adding a more Latin-like edge to her demeanor. " I wanted her to be more of a Sofia Loren." And although she enjoys wearing clothes fresh off the runway, it does leave her with a guilty conscience.

"She lives an extravagant lifestyle, so I wear a lot of Dolce & Gabbana, Alaia, Dior and L'Wren Scott. But I do a lot of work in Haiti (she's on the Board of Directors for Artists for Peace and Justice) where I see real poverty-stricken people, so there is some guilt."

Looking high maintenance is part of the job, but that aside, it's hard to believe Stowe is in her fifties. "I do facial exercises so that I don't wrinkle. You just need to push your cheek to the side 100 times. But I'm not a girly girl who loves perfume and bubble baths. I hike and do Pilates but I don't like anything that taxes me too much. I'm lazy!"

When she's not filming, Stowe leads a very reclusive lifestyle. Her last big screen appearance was in 2002 in When We Were Soldiers, alongside Mel Gibson (who, for the record, is "wonderful"), but she soon swapped Tinseltown for Texas, settling down on a ranch with her husband, actor Brian Benben, and their teenage daughter.

Quoted

"We all have this well of emptiness that needs to be filled somehow. "

Actress Madeleine Stowe

The move is what allowed her to disconnect and focus on more personal projects. "It's so important to be productive. We all have this well of emptiness that has to be filled somehow."

So how did she fill hers? Next year, Stowe is making her directorial debut on the epic Western she co-wrote, The Unbound Captives, starring Hugh Jackman, Rachel Weisz and Robert Pattinson. "I stayed away from acting just so I could get this movie going ... I wanted to create a great love story that dealt with this woman's loss of her two children, who have been abducted by Comanche Indians."

In the meantime, Stowe will be back on the set of Revenge this summer filming season two.

Gordie Sampson's third annual Songcamp takes place in Cape Breton, N.S., this month. HANDOUT

Instructions from the Grammy-winning guru

Music. Want to write a chart-topping country tune? Acclaimed Canadian songwriter tells how

If songs are like children to professional hit-makers, Canadian Gordie Sampson is one watchful dad.

The 40-year-old from Big Pond, N.S., has penned two chart-topping smash singles for Carrie Underwood while also dashing off songs for the likes of Keith Urban, Miranda Lambert, Blake Shelton, Martina McBride and LeAnn Rimes.

The Grammy winner estimates that he demos about 75 songs a year, so surely it's difficult to keep tabs on all his musical offspring?

"God no, you're glued to the (chart)," the personable Sampson said. "First thing you do in the morning before you have your coffee is check the chart and see if it went up a point overnight.

Of course, Sampson points out that for a professional songwriter, it's more lucrative for a song to take its time gradually climbing the chart to No. 1 — "That's the dream," he says.

If that logic surprises you, welcome to the world of behind-the-scenes hit crafting. This month, Sampson is sharing his insights with hopeful songwriters at his third annual Songcamp in Cape Breton, N.S., culminating in two live performances from his pupils on July 12 in Ingonish.

But for those other fans whose Stetsons are stuffed to the brim with good song ideas, Sampson shares the following tips for penning a chart-topping country tune:

Words are worth the world

To hear Sampson tell it, no factor is more critical to a country song's success than its lyrics.

"The lyric is more important in a country song than most other kinds of music," he said.

And what's the key to a country turn of phrase that gleams as brightly as a cowboy's belt buckle? Keep it simple, partner. Sampson said that it's important to make sure the words are general enough so that anyone listening can relate. So if a country crooner warbles a tune about a "her," Sampson says the lyric should work whether the listener thinks the pronoun refers to his wife, his mother or his dog.

Teamwork is important

Sampson says that most of the hopeful charges that come through his camp are already "amazing" songwriters. What they tend to struggle with is co-writing. Sampson guesses that he hasn't written a song alone in roughly a decade.

Repetition is unavoidable

Did you just realize your newly penned masterpiece sounds exactly like another tune shuffling up the country charts? Don't panic. It happens to, literally, the best of them.

"Country music is three chords and the truth," Sampson said. "You have to figure that there's, let's say, a thousand signed writers in Nashville all writing a song a day — that's 5,000 songs a week ... all trying to use the same three chords.

Know when to quit

Sampson says that in a Nashville songwriting session, it tends to take between three and four hours to finish writing a song.

It can also take days. But sometimes the best ideas germinate and bloom quickly. Sampson and his team wrote Underwood's Grammy-winning, chart-topping smash Jesus, Take the Wheel in less than two hours. And knowing when it's time to stop tinkering can be a crucial skill.

"Sometimes, a song being written very quickly can be an indication of how great it is because the song and the lyric ends up being uninhibited — the lyric has a freedom to it," he said. THE CANADIAN PRESS

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Like father, like son

Leonard Cohen has been enjoying such a charmed year musically that it's hard to imagine how even the masterfully morose poet could locate a downside in 2012.

His first album in more than seven years, Old Ideas, became his first to top the charts in Canada en route to platinum sales, and caused critics to collectively lose their breath.

Meanwhile, the 77-year-old Montreal-born singer won the prestigious Glenn Gould Prize and the inaugural PEN songwriting prize while charting an ambitious globe-spanning tour for the second half of the year.

It's been a heady year for Leonard's son, Adam, as well. The 39-year-old also released an album after a seven-year-plus layoff of his own, and the musical reinvention Like a Man is his most acclaimed work to date. In the coming weeks, he'll open for the likes of Bob Dylan, Norah Jones and Rufus Wainwright.

But his own success aside, he's enjoying his father's renaissance as much as anyone.

"I do think it's a coincidence, but at the same time, I also know that to be in his wake is a delicious and satisfying occurrence," says the younger Cohen.

"I've often said that what I think is the distinguishing trait with my father is that he remains to me pertinent and anything but a nostalgia act. It gives me great pleasure to bear witness."

Adam Cohen's latest album, Like a Man, is garnering critical acclaim. HANDOUT

In fact, it was his father who in part inspired Adam Cohen's late-career left-turn.

He issued his self-titled debut back in 1998, and in 2004 followed with a French-language album, as well as a disc as frontman of the alt-rock outfit Low Millions.

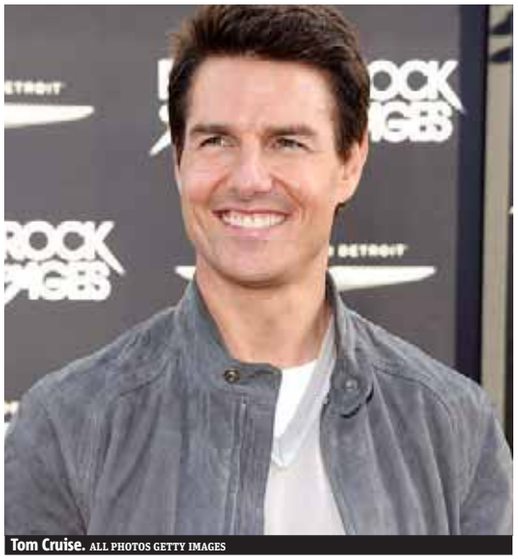
None of the records gained much traction, and he's now quick to question his own artistic priorities during those fledgling stages of his career.

"I was so preoccupied with trying to play in the highest ranks of pop music," he says. "My esthetic goals were tight jeans, four chords and sex, drugs and rock 'n' roll. I wasn't focused on the art."

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise lays low while speculation swirls around divorce case

While estranged wife Katie Holmes has been out and about in New York City since filing for divorce, Tom Cruise has been lying low.

"It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, Bert Fields, tells BBC News. "We are letting 'the other side' play the media until they wear everyone out, and then we'll have something to say."

Cruise is expected to file his own divorce papers in response to Holmes' filing, in which she requested sole legal custody of their 6-year-old daughter, Suri.

"Tactically, we can't say where Tom will file a divorce case and if he'll be seeking joint custody of Suri," Fields says.

Katie Holmes

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of respondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

The Word

Humphries stands alone

THE WORD
Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style.

"Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For $1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dibs on that polka-dot Don't Speak dress.

Justin Bieber

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his $102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, according to E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was … driving in a careless, reckless fashion."

Twitter

@RedHourBen
Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.

@MissKellyO
Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA

@Joan Rivers
I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.

@ConanOBrien
Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

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3 LIFE

Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! KAREN HUMPHREY, YUMMYMUMMYCLUB.CA

Catching the drips is simple with a cupcake liner. ISTOCK

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water!

Brew your coffee, pour it into ice cube trays and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! JEN CHARRON, YUMMYMUMMYCLUB.CA

Avoid watered down ice coffee with coffee ice cubes. ISTOCK

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU
yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between $10 to $15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Making baby food at home only requires a few tools. ISTOCK

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.

Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding
Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness
Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'
One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. The public library. It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.

2. Mall walking. Stroller walking a mall is great exercise (and it's air conditioned).

3. Play date. Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.

4. Crafts in the cool basement.

5. Swim in the bathtub. Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.
CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

On the Web

Early full-term babies may face later academic woes; more time in womb is better, study says

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared
Having your camera with you at all times (with totally charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera
Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light
Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus
It is imperative that you take the time to focus on the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box
Once you find the best light for the image you're looking to get, just get your subject in it and YOU do the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important
When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN, YUMMYMUMMYCLUB.CA

Give the traditional burger a Mediterranean makeover

This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multigrain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Burgers
- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce
- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil or parsley (for garnish)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit
rosereisman.com

Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.

Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.

Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.

It's healthy to walk to school

Reduce your footprint. Canada Walks is raising awareness about the benefits of active transportation

BEN KNIGHT
green@metronews.ca

Be happier, healthier and stress free — take a walk. ISTOCK PHOTOS

Walking to school is simple, healthy and fun. And a large number of Canadian kids never do it.

"Unlike other countries, Canada hasn't paid much attention to the issues that people have when they travel on foot," says Jacky Kennedy, director of Canada Walks. "At some point in our day, everybody does it, but it's the most under-represented, ignored mode of transportation."

Canada Walks — part of the umbrella organization Green Communities Canada — is trying to raise awareness of the benefits of active transportation — walking, cycling and rollerblading. They're trying to reach the parents of the 41 per cent of children who are routinely driven to school.

"Pretty much what our society has done, over the last 30 years, is we've engineered physical activity out of our children's lives," Kennedy explains.

"Our program targets the 68 per cent of Canadian children who live within a reasonable walking distance of their schools — about one-and-a-half kilometres. Only about 30 per cent of those currently use active travel to get to and from school."

There are a lot of reasons why this is. Parents worry about the safety of their kids, and there's a compelling level of convenience to just dropping your children off at school, and driving on to the rest of your day.

Kennedy counters that this caution and ease has its consequences.

"Children need a minimum of 90 minutes of physical activity a day, and we know that many children aren't getting that. If they walk to school, there isn't a problem with burning off their excess energy."

Canada Walks does detailed assessments of the community surrounding a school. Are the walking and biking routes safe? If so, they organize programs like the Walking School Bus, where groups of children walk home together, accompanied by adults.

By the numbers

68%

Number of Canadian kids who live within walking or biking distance from their schools. Two-thirds of them now get driven to school.

Another program is Walk on Wednesday, where as many children as possible are asked to walk to school on the same day. With repetition, parents begin to see the health benefits — and it's hard not to notice a substantial drop in car traffic around their school.

"Parents and kids who are using active transportation some of the time are happier, they're less stressed, they feel healthier and the kids are doing better in school," Kennedy notes.

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We can (have it all), but we still have to make all these changes: Author

A female fallacy?
Author Anne-Marie Slaughter responds to the 1.2 million readers of her controversial article about women and work-life balance

MICHELLE CASTILLO
Metro World News

Anne-Marie Slaughter, author of Why Women Still Can't Have it All. GETTY IMAGES

By many standards, Anne-Marie Slaughter — professor of politics and international affairs at Princeton University, former dean of Princeton's Woodrow Wilson School of Public and International Affairs and former director of policy planning for the U.S. State Department — has had it all. So, when she wrote an article in The Atlantic explaining how women can't have it all, it sparked a discourse on both sides of the debate.

More than 1.2 million people have come to The Atlantic to read Slaughter's piece, which has more than 2,000 comments and over 173,000 Facebook likes — making it the most read piece on The Atlantic site, and on track to be the most read ever.

Metro World News spoke to Slaughter about what she wished she clarified in the piece and how other generations might have interpreted the piece in different ways.

As a 25-year-old young professional who wants to have a career, I was intrigued by your article, and I know that a lot of people my age were as well. I noticed that you mentioned that you set it up in the wrong framework in a chat you had later on The Atlantic. Can you explain that a little bit more?
As I keep telling people, this is in part a generational thing. My generation having it all meant, my mother's generation had no option to work. My mother wanted to go to medical school, and she was told, "You're going to get married." That was pretty common.

My generation suddenly had options. We could go to law school and med school, and we could have the careers our mothers could not have, and we could have those careers and you could still have a family. And, that's what having it all meant.

So when I sent my article around to people of my generation as well as younger women, many of them wrote back and said, "Look your message is women can't have it all — yet." In other words, we can, but we still have to make all these changes.

That's the message I was trying to drive home, which is you can have the same choices that men do. You make those choices that men do, that's fine, but we need to make the following choices.

And for people my age?
What I see is for another generation, and maybe two more generations after me — Gen X and Gen Y at least — you hear that very differently, right? You don't understand where it comes from. You can't imagine a world where women had no options. So to you it sounds like — you know, I think Rebecca (Traister of Salon) was right — it sounds picky, it sounds particularly bad to talk about having it all when so many Americans are in danger of what they have at all. They have much less.

So I think the framework needs to change, but what I said this morning, what I've said in tweets and interviews is that it's not that easy to talk about it. Yes, it's work-life balance, but it's still an issue that affects women more than men.

I thought the way to go about having it all is to work as hard as you can, have as much as a career as you can until you reach your late 30s when you can decide to have children and then try to resume your career again when our children are 8, 9 or 10?
Two things: you can't wait until your late 30s to have kids. You just don't want to go through what my generation went through. I can't tell you everything women have written to me after the article to explain that you know that they got to where I got and wanted to have kids. You take a look at what happens after you're 35 to your fertility. For women like me, who miraculously through IVF (in-vitro fertilization) managed to have my first child and my pregnancy came pretty quickly, but there are women who didn't.

Even if you can, if there is any way to avoid it, you don't want to be there, you don't want to be having to go through and all the shots and technology and feeling pretty desperate at that point. It's hard to explain to a 25-year-old what a 35-year-old biological clock feels like, but it's real.

But the second point to your question, every parent I know will say to you in many ways they need you more when they're teenagers. It's very hard to believe when your kids are little because you just feel like "Oh my God, they're so needy. They can't feed themselves; they can't bathe themselves." You have to watch them all the time.

The difference is when they're teenagers, you don't have to be with them all the time. Half the time they don't want to be with you, but they do need the parenting which becomes not about time but about judgment, about how to exercise judgment about what fights to pick and what fights not to pick and when does your kid really need help and when is it normal teenagehood. Let me put it this way: It's very hard to do that long distance.

So, you know I think ideally, the ideal would be to sort of make it as high as you can and then have kids in your early 30s. Take whatever time you need when they're young. Different mothers feel different ways about that, but at least hold open the possibility that when they hit their teens that you may well need to take a pause or a lull or a plateau.

Why did she write it?

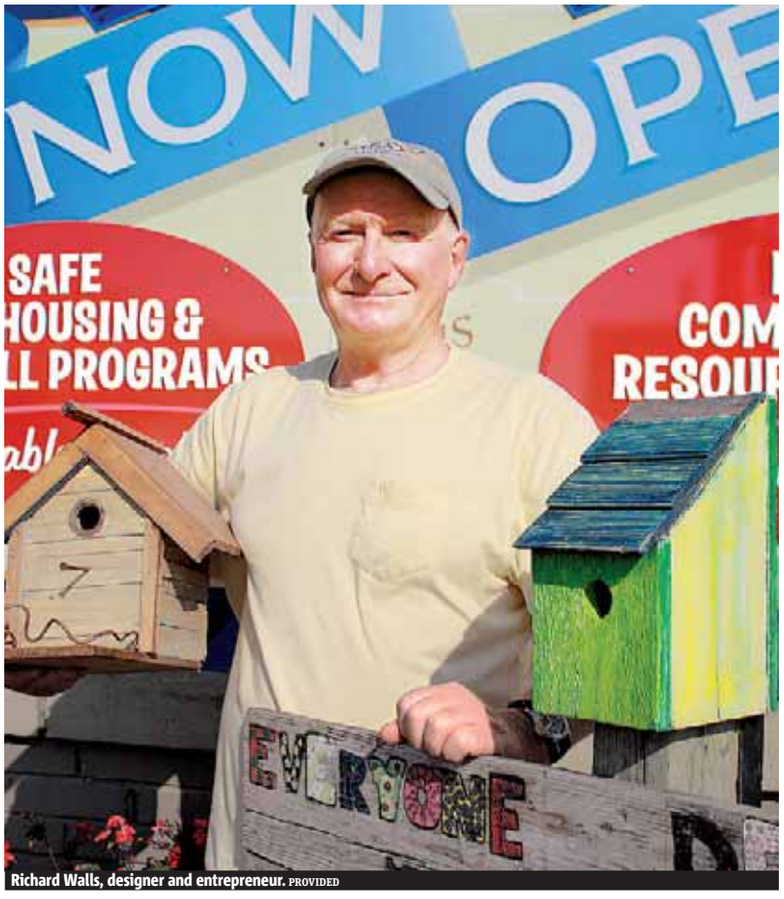
Getting passed modern guilt

"What caused me to write the article was suddenly getting these sort of negative messages from people and women suggesting that, 'gee it's disappointing that I wasn't able to stay the course. I hadn't been able to go the whole four years, I hadn't been able to be promoted'. And that makes you feel bad.

"That's why I want to say, no, wait a minute this is an incredibly important decision and one that I feel completely good about, except that I have to fight negative messages. And the women who are writing me who are saying thank you, are saying thank you because they feel so devalued when in fact they are making a choice to live up to their responsibilities as parents and to invest in the next generation and to do a whole lot of things as a society we should be celebrating them for not castigating them."

The best scenario?

"So, you know I think ideally, the ideal would be to sort of make it as high as you can and then have kids in your early 30s. Take whatever time you need when they're young. Different mothers feel different ways about that, but at least hold open the possibility that when they hit their teens that you may well need to take a pause or a lull or a plateau."
Anne-Marie Slaughter



Richard Walls, designer and entrepreneur. PROVIDED

He's restoring lives one block at a time

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."
Richard Walls

"We took the main floor room and turned it into a drop-in centre for people on the street to come in and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life.

I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day.

It's not about making money it's about making a difference in life."

Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your hands dirty and walk a mile in their shoes.
- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.
- It's never about the money. Enjoy what you do and it'll never be work.

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4 SPORTS

Endurance

Canadians out front at triathlon

Canadian triathletes bullied the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races. Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's race at the ITU Triathlon World Cup, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep. On the men's side, Kyle Jones of Hamilton picked up his first World Cup win while Alexander Hinton of Kingston took silver. American Jarrod Shoemaker rounded out the podium.

THE CANADIAN PRESS

Mobile news

Heading into Major League Baseball's All-Star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

Federer back on top

Tennis. 30-year-old equals Pete Sampras for Wimbledon titles and reclaims No. 1 in world rankings

A Grand Slam title drought did indeed end in Sunday's historic and riveting Wimbledon final, only it was Roger Federer's lengthy-for-him gap between trophies that came to a close, rather than Britain's 76-year wait for a homegrown men's champion.

Making sure everyone knows he is still as capable as ever of brilliance on a tennis court — particularly one made of grass, and with a roof overhead — Federer came back to beat Andy Murray 4-6, 7-5, 6-3, 6-4 indoors on Centre Court for a record-tying seventh championship at the All England Club.

"It feels nice," Federer said, clutching the gold trophy only Pete Sampras has held as many times in the modern era. "It's like it never left me."

The victory also increased Federer's record total to 17 major titles after being stuck on No. 16 for over two years, and clinched a return to the top of the ATP rankings, overtaking Novak Djokovic, after an absence of a little more than two years. Federer's 286th week at No. 1 ties Sampras for the most in history.

"He doesn't want to stop now. He knows he's going to continue to play well and try to break seven, and he could very well end up with eight or nine Wimbledons," Sampras said in a telephone interview. "I just think he's that much better than the other guys on grass, and he loves the court the way I loved that court. He's a great champion, a classy champion, and I'm really happy for him."

After a record seven consecutive Wimbledon finals from 2003-09, winning the first six, Federer lost in the quarterfinals in 2010 and 2011, then wasted two match points and a two-set lead against Djokovic in the U.S. Open semifinals last year, raising questions about whether he might be slipping.

"I really almost didn't try to picture myself with the trophy or try to think too far ahead, really," Federer said.

After losing in the semifinals each of the previous three years, Murray was the first British man to reach the final at Wimbledon since Bunny Austin in 1938, and was trying to become the hosts' first male title winner since Fred Perry in 1936.

Murray dropped to 0-4 in Grand Slam finals, three against Federer. Only one other man lost the first four major title matches of his career: Ivan Lendl, who is coaching Murray now.

While Lendl never did win Wimbledon, perhaps Murray can take solace from knowing his coach did end up with eight Grand Slam titles.

"I'm getting closer," Murray told the crowd afterward, his voice cracking and tears flowing. THE ASSOCIATED PRESS

Juniors

Canadians big winners on grass

Filip Peliwo made it a clean sweep for Canada in the junior singles finals at Wimbledon.

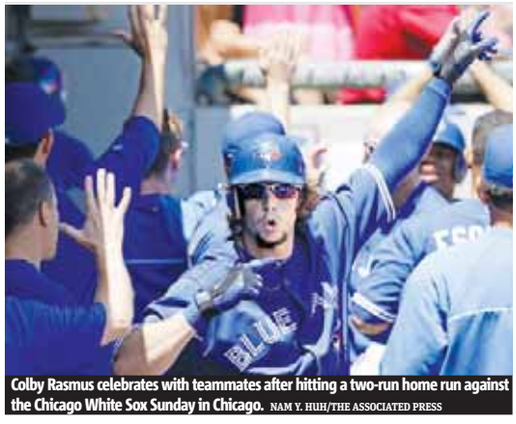
The 18-year-old from Vancouver beat Australia's Luke Saville 7-5, 6-4 on Sunday to win the boys' crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3. The wins gave Canada an unprecedented three titles at a Grand Slam event.

THE CANADIAN PRESS

Roger Federer celebrates match point against Andy Murray on Sunday at Wimbledon in England. JULIAN FINNEY/GETTY IMAGES

Blue Jays slide into All-Star break with .500 record



Colby Rasmus celebrates with teammates after hitting a two-run home run against the Chicago White Sox Sunday in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

The Toronto Blue Jays got the ball up in the air and then they got out of town with a good feeling in the last game before the All-Star break.

The Blue Jays, who lost 8 of their previous 12, hit four homers Sunday to end the Chicago White Sox's five-game winning streak with an 11-9 victory.

Colby Rasmus and Edwin Encarnacion had two-run homers in the first and Kelly Johnson and Jeff Mathis also connected on a windy day at U.S. Cellular Field when Chicago pitching yielded nine walks

"We had a very good offensive day. High number of walks," manager John Farrell said as his team headed for four days off with a 43-43 record.

"First inning we put together Colby, who continues to swing the bat well, and Eddie with another big home run for us. We needed every run we could put on the board the way this turned out."

The first-place White Sox got a three-run homer from Alex Rios and kept pecking away, but couldn't overcome the four-run first-inning deficit and go the All-Star break with a 47-38 record and a three-game lead in the AL Central.

Chicago manager Robin Ventura was ejected in the top of the ninth after charging to the plate to heatedly argue a ball and strike call with home-plate umpire D.J. Reyburn.

Jason Frasor (1-1), the third of five Blue Jays' relievers, was credited with the win and Casey Janssen pitched the final 1 2-3 innings for his 12th save in 13 chances. He gave up two ninth-inning singles before striking out Alejandro De Aza to end it. THE ASSOCIATED PRESS

Brett's back banged up

Third baseman Brett Lawrie was out of the Toronto Blue Jays' lineup on Sunday due to tightness in his lower back.

Golf

Rookie gets first PGA Tour win

Rookie Ted Potter Jr. made a 4-foot birdie putt on the third hole of a playoff with Troy Kelly on Sunday to win the Greenbrier Classic for the 218th-ranked player's first PGA Tour victory.

THE ASSOCIATED PRESS

Tour de France

Pinot rides away from the pack

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead. At 22, the Frenchman Pinot is the youngest rider in the main pack.

THE ASSOCIATED PRESS

Thibaut Pinot GETTY IMAGES

Olympic soccer

Ryan Giggs to captain Britain

Manchester United midfielder Ryan Giggs was named captain of Britain's Olympic football team on Sunday, coach Stuart Pearce turning to David Beckham's former teammate after cutting the Los Angeles Galaxy star. THE ASSOCIATED PRESS

Formula 1

Webber makes late pass for win

Red Bull driver Mark Webber won the British Grand Prix on Sunday, overtaking Fernando Alonso late in the race to cut his rival's lead in the Formula One championship.

THE ASSOCIATED PRESS

MLS. Philadelphia Union uses advantage in speed, energy to top Toronto FC

The opponent was the same, but the outcome was drastically different.

Back on May 26, Toronto FC beat the Philadelphia Union to snap a nine-game MLS losing skid. But on Sunday, the Union dominated Toronto from start to finish in a comprehensive 3-0 win at PPL Park.

Toronto is last in the Eastern Conference standings at 2-11-4 and trails Philadelphia (5-9-2), its closest competitor, by seven points.

Like Toronto, Philadelphia has seen a coaching change since the teams last met, and Sunday's game was the latest in a string of improved results under interim manager John Hackworth, who improved to 3-2 in league play. Coming off a last-minute road win against the LA Galaxy on Wednesday, Philadelphia used a considerable advantage in both speed and energy to dominate possession against Toronto.

"I think today they were on the front foot and first to everything and that little bit sharper than us," Toronto midfielder Terry Dunfield said.

Freddy Adu, Gabriel Gomez and Antoine Hoppenot were the goal scorers for Philadelphia.

Brian Carroll, left, of the Philadelphia Union heads the ball behind Ryan Johnson of Toronto FC in Chester, Pa., on Sunday. DREW HALLOWELL/GETTY IMAGES

THE CANADIAN PRESS

UFC

Silva stops Sonnen in second round

Middleweight champion Anderson Silva stopped Chael Sonnen at 1:55 of the second round in UFC 148 on Saturday night at the MGM Grand Garden Arena.

Silva has successfully defended his title 10 times and had a 15-match winning streak.

THE ASSOCIATED PRESS

MLS

De Rosario named to all-star squad

MLS announced Sunday that D.C. United midfielder and Toronto native Dwayne De Rosario will be part of the all-star team taking on English Premier League team Chelsea on July 25 in Chester, Pa.

So far this year, he has five goals and a league-leading 10 assists.

THE CANADIAN PRESS

Hunter-Reay wins third race in a row

IndyCar. 31-year-old American is in the driver's seat of points race following victory at Honda Indy Toronto

IndyCar starter Thomas Hansing waves the checkered flag for winner Ryan Hunter-Reay, runner-up Charlie Kimball and third-place finisher Mike Conway at the Honda Indy in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

This is Ryan Hunter-Reay's dream, the place he has raced toward since he was young. Three wins in a row, a lead in the points race and a chance to be IndyCar champion.

Hunter-Reay's victory Sunday at the Honda Indy Toronto gives him that opportunity. The 31-year-old American is having a breakout season and can leave his mark on a series where he has never finished higher than seventh.

Despite his recent success, he's trying to enjoy the moment and not look too far ahead.

"You gotta drive like it's your last race and I still do it that way," said Hunter-Reay.

The win breaks up a dominant run by Dario Franchitti and Will Power at the 85-lap race. Franchitti, the defending champion who also won in 1999 and 2009, entered with the pole and hopes of winning at Exhibition Place for the fourth time in his career. Power, who won in 2007 and 2010, was seeking retribution after being spun out of contention last year by Franchitti.

In the end, neither were a factor. Franchitti suffered from a bad pit stop then finished in a collision with Ryan Briscoe that ended the race under a yellow caution flag. Power, who entered the race as the points overall leader, took the lead on Lap 6 but was knocked back in the field after his front wing broke off and slashed two of his tires.

He finished 15th, and is now 34 points back of Hunter-Reay in the standings.

Hunter-Reay, meanwhile, took the lead on Lap 49, lost it briefly on a pit stop, and regained it for good on Lap 57. He finished ahead of Charlie Kimball, whose second-place finish was a career best, and Mike Conway.

Quoted

"I'm appreciative of every lap I get in this series because I love it."

Ryan Hunter-Reay

The track also proved problematic yet again for Canadian drivers.

Engine issues plagued James Hinchcliffe all weekend and eventually knocked him out of the race on Lap 28.

Alex Tagliani of Lachenaie, Que., never a factor after starting 16th with the same penalty, finished 10th.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	51	33	.607	—
Baltimore	45	40	.529	6½
Tampa Bay	45	41	.523	7
Boston	43	42	.506	8½
Toronto	43	43	.500	9

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	48	.429	10½

WEST DIVISION

	W	L	Pct	GB
Texas	51	34	.600	—
Los Angeles	48	38	.558	3½
Oakland	43	43	.500	8½
Seattle	36	51	.414	16

Sunday's results
Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Minnesota at Texas
N.Y. Yankees at Boston
Saturday's results
N.Y. Yankees 6, Boston 1, 1st game
Detroit 8, Kansas City 7
Chicago White Sox 2, Toronto 0
Cleveland 7, Tampa Bay 3
Texas 4, Minnesota 3, 10 innings
Boston 9, N.Y. Yankees 5, 2nd game
L.A. Angels 3, Baltimore 0
Seattle 7, Oakland 1
Tuesday's game
All Times Eastern
All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS
(x-starter; y-injured will not play, z-voted final spot)

AMERICAN LEAGUE
PITCHERS
Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando, Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jered Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles
CATCHERS
Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFIELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox
OUTFIELDERS
x-Jose Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results
Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1
Saturday's results
Washington 4, Colorado 1
Houston 6, Milwaukee 3
Pittsburgh 3, San Francisco 1
N.Y. Mets 3, Chicago Cubs 1
St. Louis 3, Miami 2
Atlanta 6, Philadelphia 3
Cincinnati 6, San Diego 5
Arizona 5, L.A. Dodgers 3

NATIONAL LEAGUE
PITCHERS
Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Huston Street, rh, San Diego
CATCHERS
y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia
INFIELDERS
Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joey Votto, Cincinnati
David Wright, New York
OUTFIELDERS
x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

BLUE JAYS 11, WHITE SOX 9

Toronto	ab	r	h	bi	Chicago	ab	r	h	bi
RDavis lf	3	2	0	0	De Aza cf	5	3	1	0
Rasms cf	4	2	2	3	Youkils 3b	4	1	3	1
Bautist rf	3	2	1	1	A.Dunn 1b	4	1	0	1
Encmc 1b	4	1	1	2	Konerk dh	4	1	0	0
Lind dh	4	0	1	1	Rios rf	5	3	3	4
YEscor ss	5	1	1	0	AlRmrz ss	5	0	3	2
KJhnsn 2b	4	1	1	2	Viciedo lf	4	0	2	1
Vizquel 3b	5	1	1	0	Flowrs c	3	0	0	0
Mathis c	5	1	2	1	Przyns ph-c	1	0	0	0
Bckhm 2b	5	0	2	0					
Totals	**37**	**11**	**10**	**10**	**Totals**		**40**	**9**	**14**	**9**
Toronto					**412**	**103**	**000**	**11**	
Chicago					**300**	**041**	**100**	**9**	

E—Vizquel (1). DP—Toronto 1. LOB—Toronto 9, Chicago 10. 2B—Rasmus (18), Bautista (12), Lind (8), Mathis (5), De Aza (16), Youkilis (9), Rios 2 (19), Viciedo (8). 3B—Al.Ramirez (3). HR—Rasmus (17), Encarnacion (23), K.Johnson (10), Mathis (5), Rios (12). SB—R.Davis 3 (23), Vizquel (2). SF—Viciedo.

	IP	H	R	ER	BB	SO
Toronto						
Cecil	4 1-3	6	7	6	3	5
J.Chavez	2-3	1	0	0	0	2
L.Perez	1	4	2	2	0	1
Frasor W,1-1 H,12	1	0	0	0	1	2
Oliver H,10	1-3	1	0	0	0	1
Janssen S,12-13	1 2-3	2	0	0	0	3
Chicago						
Axelrod L,0-2	3	6	7	7	2	4
Omogrosso	2 1-3	1	2	2	3	1
Septimo	0	0	1	1	1	0
N.Jones	2-3	2	1	1	1	0
H.Santiago	3	1	0	0	2	2

T—3:48. A—27,190 (40,615).

GOLF

PGA GREENBRIER CLASSIC
At White Sulphur Springs, W.Va.
Par 70 (34-36)
Final Round

x-Ted Potter, Jr., $1,098,000	69-67-64-64—264
Troy Kelly, $658,800	69-67-62-66—264
Charlie Beljan, $353,800	70-62-67-67—266
Charlie Wi, $353,800	67-66-68-65—266
Daniel Summerhays, $244,000	68-67-68-64—267
Martin Flores, $219,600	64-68-69-67—268
Roberto Castro, $177,510	71-64-71-63—269
Ken Duke, $177,510	66-68-65-70—269
Kevin Na, $177,510	69-67-68-65—269
Sean O'Hair, $177,510	66-68-69-66—269
Webb Simpson, $177,510	65-66-65-73—269
John Daly, $119,560	68-67-70-65—270
Graham DeLaet, $119,560	**67-70-64-69—270**
David Hearn, $119,560	**69-68-67-66—270**
Jerry Kelly, $119,560	66-66-70-68—270

U.S. WOMEN'S OPEN
At Kohler, Wisc.
Par 72
Final Round

Na Yeon Choi, $585,000	71-72-65-73—281
Amy Yang, $350,000	73-72-69-71—285
Sandra Gal, $218,840	71-70-74-74—289
Il Hee Lee, $128,487	72-71-77-70—290
Shanshan Feng, $128,487	74-74-71-71—290
Giulia Sergas, $128,487	74-71-73-72—290
Paula Creamer, $94,736	73-73-71-74—291
Mika Miyazato, $94,736	71-71-73-76—291
Se Ri Pak, $72,596	72-73-76-71—292
Suzann Pettersen, $72,596	71-68-78-75—292
Cristie Kerr, $72,596	69-71-77-75—292
Inbee Park, $72,596	71-70-76-75—292
Nicole Castrale, $72,596	73-70-74-75—292
Cindy LaCrosse, $55,161	73-74-74-72—293
So Yeon Ryu, $55,161	74-71-74-74—293
Also	
Lorie Kane, $8,055	**76-73-82-76—307**
Sue Kim, $7,784	**75-72-85-81—313**

CYCLING

TOUR DE FRANCE
At Porrentruy, France
Leading results Sunday from the eighth stage of the Tour de France, a 157.5-kilometre-hilly ride to the Jura mountains from Belfort to Porrentruy, with seven categorized climbs, four successive Category 2 and a Category 1 near the finish; Monday's 41.5-km ninth stage runs from Arc-et-Senans to Besancon):

1. Thibaut Pinot, France, FDJ-Big Mat, three hours, 56 minutes, 10 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:26 behind; 3. Tony Gallopin, France, RadioShack-Nissan, same time; 4. Bradley Wiggins, Britain, Sky Procycling, same time; 5. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 6. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 7. Chris Froome, Britain, Sky Procycling, same time; 8. Denis Menchov, Russia, Katusha, same time; 9. Haimar Zubeldia, Spain, RadioShack-Nissan, same time; 10. Frank Schleck, Luxembourg, RadioShack-Nissan, 0:30.

11. Christopher Horner, U.S., RadioShack-Nissan, same time; 12. Fredrik Kessiakoff, Sweden, Astana, 0:47; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 1:25; 14. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, same time; 15. Maxime Monfort, Belgium, RadioShack-Nissan, same time; 16. Pierre Rolland, France, Team Europcar, same time; 17. Michele Scarponi, Italy, Lampre-ISD, same time; 18. Tejay Van Garderen, U.S., BMC Racing, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Levi Leipheimer, U.S., Omega Pharma-QuickStep, same time.

Also

30. Andreas Kloeden, Germany, RadioShack-Nissan, 2:21; Samuel Sanchez, Spain, Euskaltel-Euskadi, withdrew.

Overall Standings
(After eighth of 20 stages)

1. Bradley Wiggins, Britain, Sky Procycling, 38 hours, 17 minutes, 56 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:10 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:16; 4. Denis Menchov, Russia, Katusha, 0:54; 5. Haimar Zubeldia, Spain, RadioShack-Nissan, 0:59; 6. Chris Froome, Britain, Sky Procycling, 1:32; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 2:08; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 2:11; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 2:21; 10. Rein Taaramae, Estonia, Cofidis, 2:27.

11. Tony Gallopin, France, RadioShack-Nissan, 3:13; 12. Rui Costa, Portugal, Movistar, 3:24; 13. Thibaut Pinot, France, FDJ-Big Mat, 3:41; 14. Christopher Horner, U.S., RadioShack-Nissan, 3:43; 15. Frank Schleck, Luxembourg, RadioShack-Nissan, 3:47; 16. Janez Brajkovic, Slovenia, Astana, 4:03; 17. Tejay Van Garderen, U.S., BMC Racing, 4:08; 18. Ivan Basso, Italy, Liquigas-Cannondale, 4:12; 19. Andreas Kloeden, Germany, RadioShack-Nissan, 4:24; 20. Pierre Rolland, France, Team Europcar, 4:26.

Note: Ryder Hesjedal of Victoria has withdrawn from the Tour de France due to injury suffered on Friday.

TENNIS

WIMBLEDON
At London
Sunday's results
Men
Singles
Championship
Roger Federer (3), Switzerland, def. Andy Murray (4), Britain, 4-6, 7-5, 6-3, 6-4.
Mixed Doubles
Championship
Mike Bryan and Lisa Raymond (2), U.S., def. Leander Paes, India, and Elena Vesnina (4), Russia, 6-3, 5-7, 6-4.
Juniors
Boys
Singles
Championship
Filip Peliwo (4), Vancouver, def. Luke Saville (1), Australia, 7-5, 6-4.
Girls
Doubles
Championship
Eugenie Bouchard, Westmount, Que., and Taylor Townsend (1), U.S., def. Belinda Bencic, Switzerland, and Ana Konjuh (7), Croatia, 6-4, 6-3.
Saturday's results
Men
Doubles
Championship
Jonathan Marray, Britain, and Frederik Nielsen, Denmark, def. Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, 4-6, 6-4, 7-6 (5), 6-7 (5), 6-3.
Women
Singles
Championship
Serena Williams (6), U.S., def. Agnieszka Radwanska (3), Poland, 1-6, 7-5, 6-2.
Doubles
Championship
Serena and Venus Williams, U.S., def. Andrea Hlavackova and Lucie Hradecka (6), Czech Rep., 7-5, 6-4.
Juniors
Girls
Singles
Championship
Eugenie Bouchard (5), Westmount, Que., def. Elina Svitolina (3), Ukraine, 6-2, 6-2.

AUTO RACING

IRL INDYCAR
At Toronto
Sunday's results
1. (7) Ryan Hunter-Reay, Chevrolet, 85 laps; 2. (15) Charlie Kimball, Honda, 85; 3. (13) Mike Conway, Honda, 85; 4. (18) Tony Kanaan, Chevrolet, 85; 5. (16) Oriol Servia, Chevrolet, 85; 6. (8) Helio Castroneves, Chevrolet, 85; 7. (17) J.R. Hildebrand, Chevrolet, 85; 8. (19) James Jakes, Honda, 85; 9. (11) Takuma Sato, Honda, 85; **10. (6) Alex Tagliani, Lachenaie, Que., Honda, 85.**

11. (20) Rubens Barrichello, Chevrolet, 85; 12. (10) Simon Pagenaud, Honda, 85; 13. (22) Josef Newgarden, Honda, 84; 14. (4) Sebastien Bourdais, Chevrolet, 84; 15. (2) Will Power, Chevrolet, 84; 16. (24) Marco Andretti, Chevrolet, 84; 17. (1) Dario Franchitti, Honda, 84; 18. (23) Ed Carpenter, Chevrolet, 84; 19. (14) Ryan Briscoe, Chevrolet, 83, contact; 20. (25) E.J. Viso, Chevrolet, 81.

21. (3) Justin Wilson, Honda, 67, contact; **22. (9) James Hinchcliffe, Oakville, Ont., Chevrolet, 28, mechanical; 23.** (12) Graham Rahal, Honda, 23, contact; 24. (21) Simona de Silvestro, Lotus, 9, mechanical; 25. (5) Scott Dixon, Honda, 7, mechanical.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Hamilton	2	0	2	0	52	82	0
Winnipeg	2	0	2	0	46	74	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	2	2	0	0	72	52	4
Saskatchewan	1	1	0	0	43	16	2
Edmonton	1	1	0	0	19	15	2
Calgary	2	1	1	0	74	49	2

WEEK TWO
All Times Eastern
Sunday's result
Edmonton at Saskatchewan
Saturday's result
Toronto 39 Calgary 36
Friday's results
B.C. 39 Hamilton 36
Montreal 41 Winnipeg 30

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	18	10	5	3	23	17	33
D.C. United	18	10	5	3	34	22	33
New York	17	9	4	4	32	25	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	15	6	5	4	16	15	22
New England	16	5	7	4	22	22	19
Montreal	19	5	11	3	25	35	18
Philadelphia	16	5	9	2	18	18	17
Toronto	17	2	11	4	18	33	10

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Vancouver	18	8	4	6	19	19	30
Seattle	19	8	5	6	23	19	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 3 Toronto 0
Los Angeles 2 Chicago 0
New York at New England
Columbus at Montreal
Saturday's results
Vancouver 0 Chivas USA 0
Houston 0 Kansas City 0
San Jose 0 Dallas 0
Real Salt Lake 3 Portland 0
Seattle 2 Colorado 1

NASL
Saturday's results
Fort Lauderdale 3 Carolina 3
Edmonton 1 Puerto Rico 1
Atlanta 2 Minnesota 0

CSL
Sunday's results
Mississauga at Montreal Impact Academy
Brampton at York Region
Toronto Croatia at Waterloo
Saturday's results
Mississauga 2 Kingston 0
TFC Academy 2 Niagara 0
Friday's results
Brantford 5 North York 2
SC Toronto 3 Serbian White Eagles 1

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16 Eerie figure
18 Censors, in a way
20 Chills and fever
21 Robert Mueller's org.
23 Prior night
24 Dalmatian pattern
25 Outer garment
27 "He's — nowhere man"
29 Redeemed a check
31 Hebrew letters
35 Saxophonist's supply
37 "Scat!"
38 Biz bigwig
41 Insurrectionist, for short
43 Toss into the mix
44 Dogfight participants
45 Nab
47 PR event
49 Lessen
52 Started
53 Blackbird
54 Catcalls?
55 Before
56 Understanding
57 Group character

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22 Feathery accessory
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33 Scuttle
34 Turf
36 Visit briefly
38 Syrup flavor
39 Earth tone
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42 Point a finger at
45 Traffic pylon
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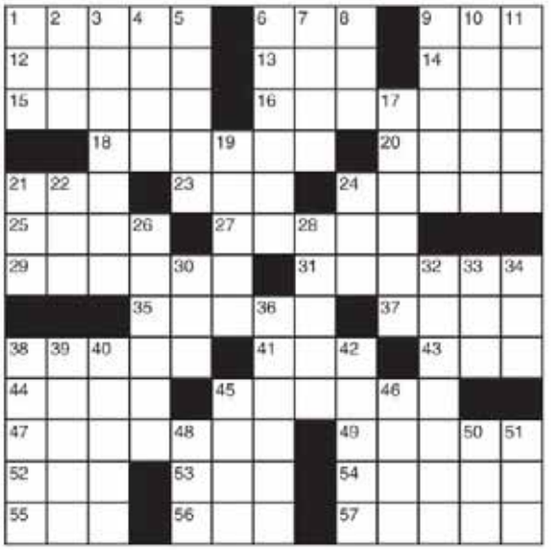
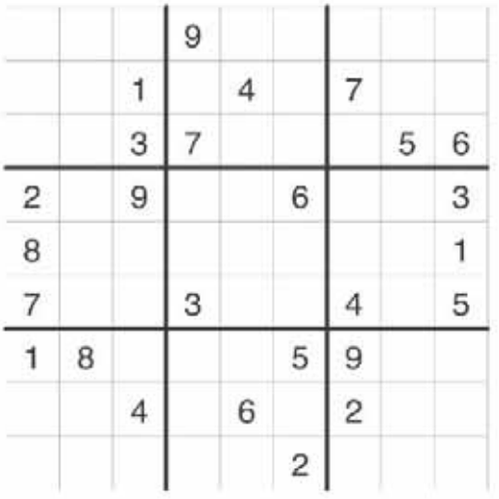
48 Squirrel's home
50 Teeter-totter quorum
51 Curvaceous character?





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCVL-LBJBZ KA QLVPZVS ZDPZ CWBEA WPTS, EKWW KZ JV PT PYZBXPZVS ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?

Today's Cryptoquip Clue: K equals I

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry

Taurus | April 21 - May 21. Try not to be guided by mob mentality today. Common sense will take you further.

Gemini | May 22 - June 20. There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

Cancer | June 21 - July 22. The more others insist that you need to shift your position the more you should insist on staying right where you are.

Leo | July 23 - Aug. 22. Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

Virgo | Aug. 23 - Sept. 22. You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future – and they will.

Libra | Sept. 23 - Oct. 22. You may not approve of what a friend or colleague is up to but what can you do about it?

Scorpio | Oct. 23 - Nov. 21. Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

Sagittarius | Nov. 22 - Dec. 21. It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

Capricorn | Dec. 22 - Jan 20. Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

Aquarius | Jan. 21 - Feb 18. There is no point trying to tell certain individuals where they are going wrong because they won't listen

Pisces | Feb. 19 - March 20. One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON

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"Eat your heart out, Puss in Boots!"
Demetrios

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